



Green: Bell Peppers

As bell peppers mature, their color changes to green, yellow, red, purple and finally brown. As they mature they also become sweeter. Bell peppers are a wonderful source of vitamin C. One serving (about 5 strips) provides 100 percent of your daily vitamin C. Like many other fruits and vegetables, peppers were first introduced to Europeans by Christopher Columbus. – www.dole5aday.com

Stuffed Bell Peppers

Ingredients:

- 1 pound lean hamburger, cooked
- 1 can cream of mushroom soup
- $\frac{1}{2}$ –1 onion, chopped
- 2–3 cups rice, cooked
- 6 green bell peppers

- 1) Preheat oven to 350°.
- 2) Add chopped onions and hamburger to a large skillet until cooked through and browned (drain any excess fat).
- 3) Add the cream of mushroom soup and rice to the meat mixture in the skillet and heat through.
- 4) Wash bell peppers, then cut out stem of the pepper and clean out the seeds and membranes.
- 5) Place peppers in a shallow baking dish, and fill with beef mixture.

Bake for 45 minutes at 350°.

Optional: May add a slice of tomato on the top of the pepper for the last 5–10 minutes of baking time.

1 stuffed bell pepper provides 2 servings of vegetables.